

Parent & Carer Courses

Autumn Term 2023

FREE Courses open to parents and carers living in Hertfordshire

Parents of teens

Talking Teens, a free 6 week course for parents and carers of children aged 12-19

- The Teen Brain: the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



Mondays 7.45-9.15pm

11th Sep to 16th Oct

Online Course ID 603



Wednesdays 7.45-9.15pm

13th Sep to 18th Oct

Online Course ID 604



Tuesdays 7.45-9.15pm

31st Oct to 5th Dec

Online Course ID 605



Parents of children with Additional Needs

A free 6 week course for parents and carers of children with any kind of additional need.



- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Understand motivation.
- Increase your child's resilience.
- Manage different needs in your family.

Talking Additional
Needs & Talking
Families for AN
courses

Tuesdays 9.45-11.15am 1-12yrs

12th Sep to 17th Oct

Online Course ID 597



Wednesdays 8.00-9.30pm 1-19yrs

13th Sep to 18th Oct

Online Course ID 595



Tuesdays 9.30-11.30am 1-19yrs

31st Oct to 5th Dec

FACE TO FACE Course 596

St Albans Fire Station



Booking essential. Please Quote the Course ID

To check eligibility and book a place, please contact Supporting Links on:
07512 709556 or bookings@supportinglinks.co.uk

Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request

For Dads

A free 6-week course for dads & male carers

- Increase confidence in your parenting.
- Improve listening and communication skills.
- Develop your dad-child relationship now and for the future.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.
- Be the dad you want to be.



Talking Dads and Talking Families for Dads courses

Wednesdays 7.45-9.15pm 1-12yrs

13th Sep to 18th Oct

Online Course ID 602



zoom

Tuesday 7.45-9.15pm

12-19yrs

31st Oct to 5th Dec

Online Course ID 606



zoom

Parents of 0-12-yr-olds

6-week course for parents and carers of children aged 0-12

- Manage challenging behaviour with consistency.
- Encourage positive behaviour.
- Build your child's self esteem.
- Set and maintain boundaries.
- Respond to tantrums and difficult feelings in children.
- Develop a strong parent/child relationship now and for the future.



Tuesdays 8.00-9.30pm

12th Sep to 17th Oct

Online Course ID 600



zoom

Mondays 7.00-9.00pm

30th Oct to 4th Dec

FACE TO FACE Course 599

The Oval Community Centre, Vardon Rd, Stevenage SG1 5RD



Thursdays 9.45-11.15am

2nd Nov to 7th Dec

Online Course ID 598



Talking Anger in Families

6-week course for parents and carers of children aged 0-19

- Understand why children and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.

Wednesdays 8.00-9.30pm

1st Nov to 6th Dec

Online Course ID 601



Booking essential. Please Quote the Course ID

To check eligibility and book a place, please contact Supporting Links on:

07512 709556 or bookings@supportinglinks.co.uk



These courses are provided free to parents by
Hertfordshire County Council's Targeted Parenting Fund